

My Story of
**THE GLOBAL
PANDEMIC OF 2020**



**A PERSONAL
RECORD**

20

20

DEDICATION

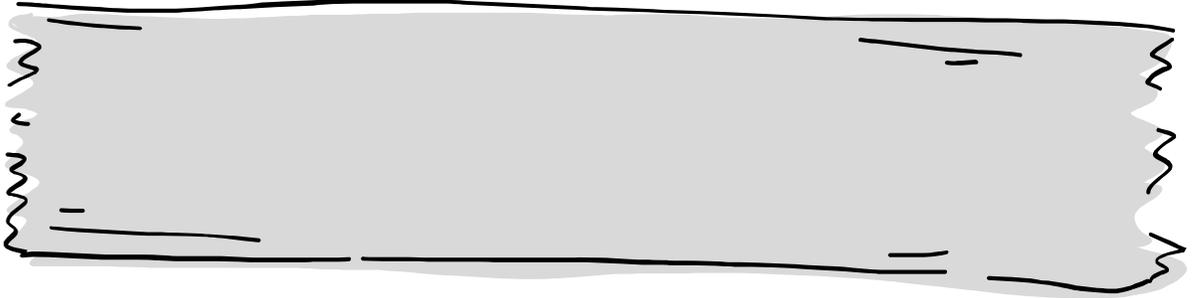
This journal is dedicated to you: The children and youth of the 2020 covid-19 pandemic.
May this be a time where you see the world pull together in kindness, where you learn flexibility and adaptability. May you learn to feel your feelings and look for the good. May you see how truly strong human beings are and how strong and capable you are.

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BEHOLD  CONNECTION

THIS RECORD BELONGS TO



I STARTED THIS JOURNAL ON _____2020

I LIVE IN _____



THE DAY I HEARD ABOUT THE VIRUS

WHAT I HAD DONE THAT DAY:

WHO TOLD ME ABOUT IT:

WHAT MY FIRST THOUGHTS WERE:

HOW I FELT:

OTHER THINGS I REMEMBER



**WHAT MY LIFE IS
LIKE RIGHT NOW**

WHAT MY SCHOOLING IS LIKE NOW:

THE PERSON WHO IS HELPING ME COPE:

RIGHT NOW I AM MISSING:

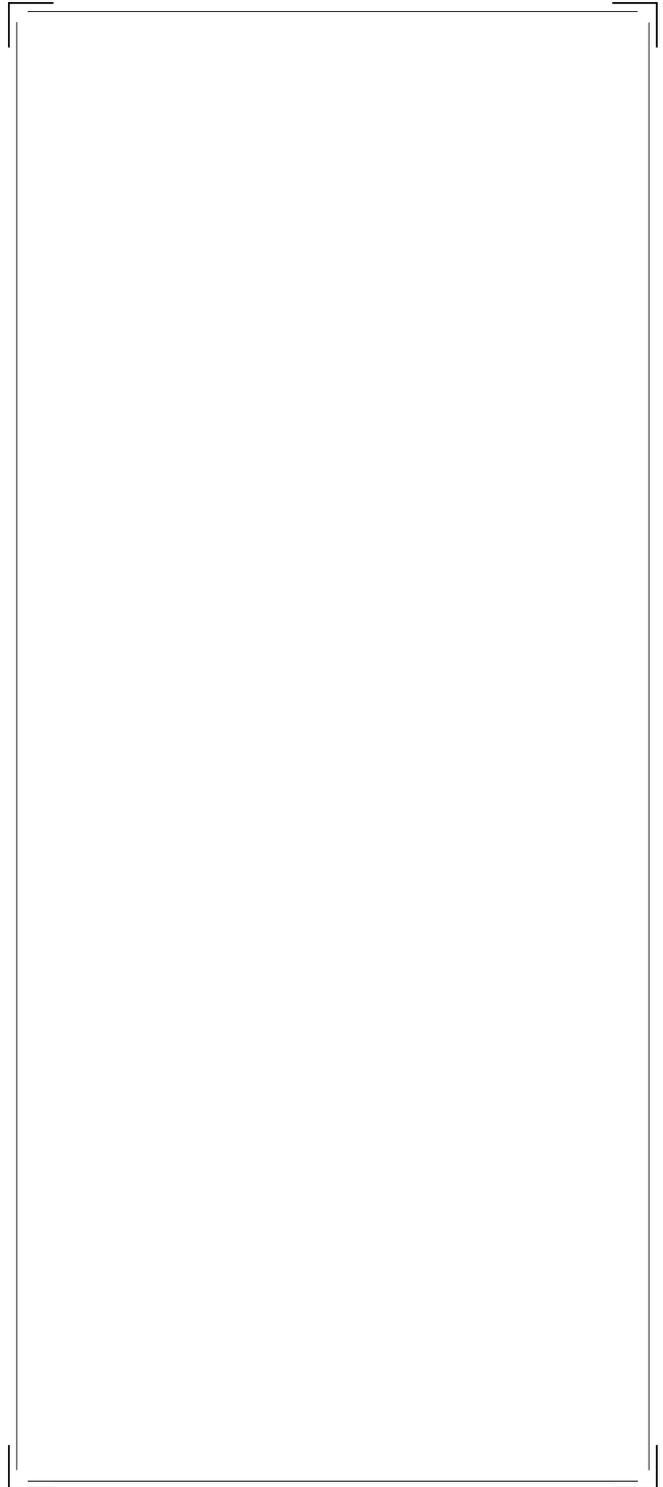
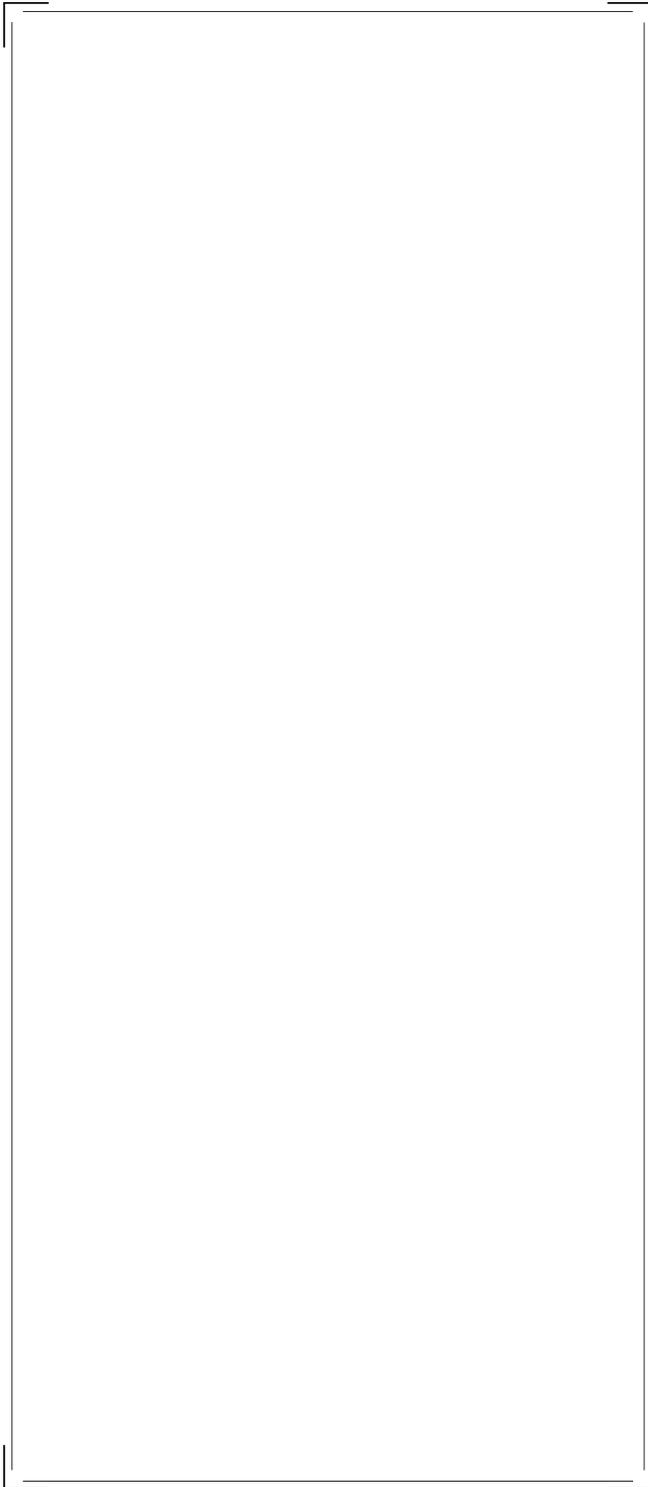
WHAT I AM HOPEFUL FOR:

WHAT I DONT WANT TO FORGET:

CHANGES IN MY LIFE

LIFE BEFORE

LIFE NOW



WHAT IS AWESOME RIGHT NOW?

Your power is always in your reaction to the things that
are out of your control.

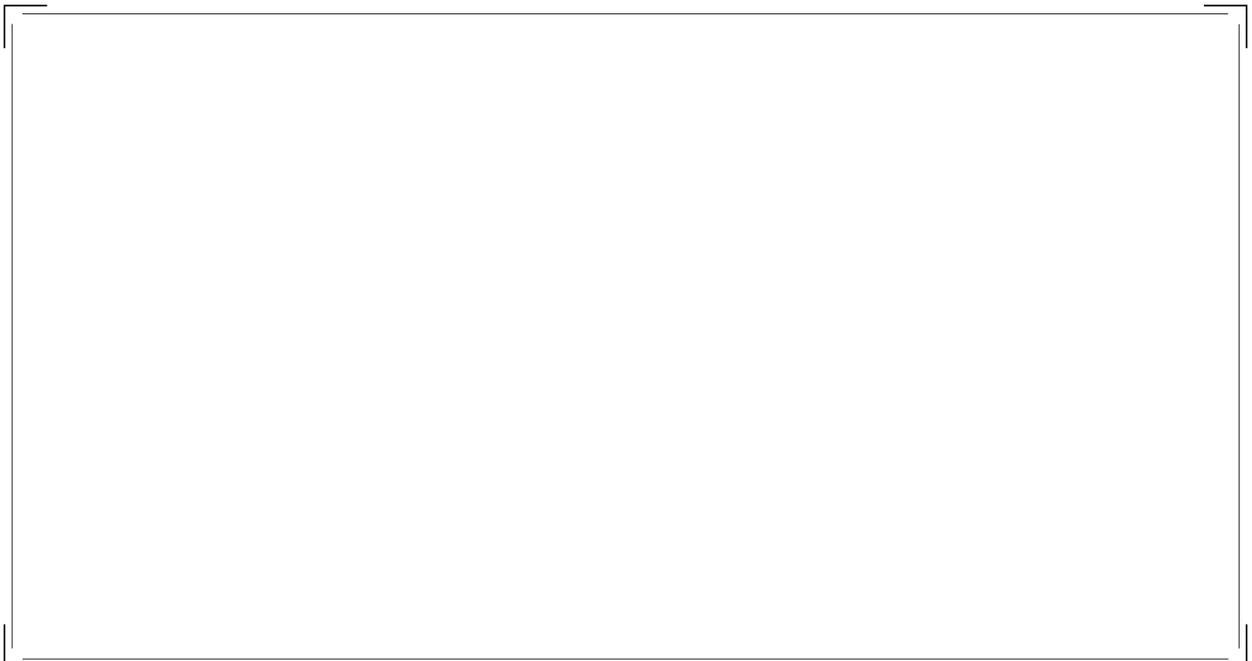


My worries matter. What are some worries that I have right now?

**ACTIVE THINGS THAT I
CAN DO IN OUR HOME
AND YARD**

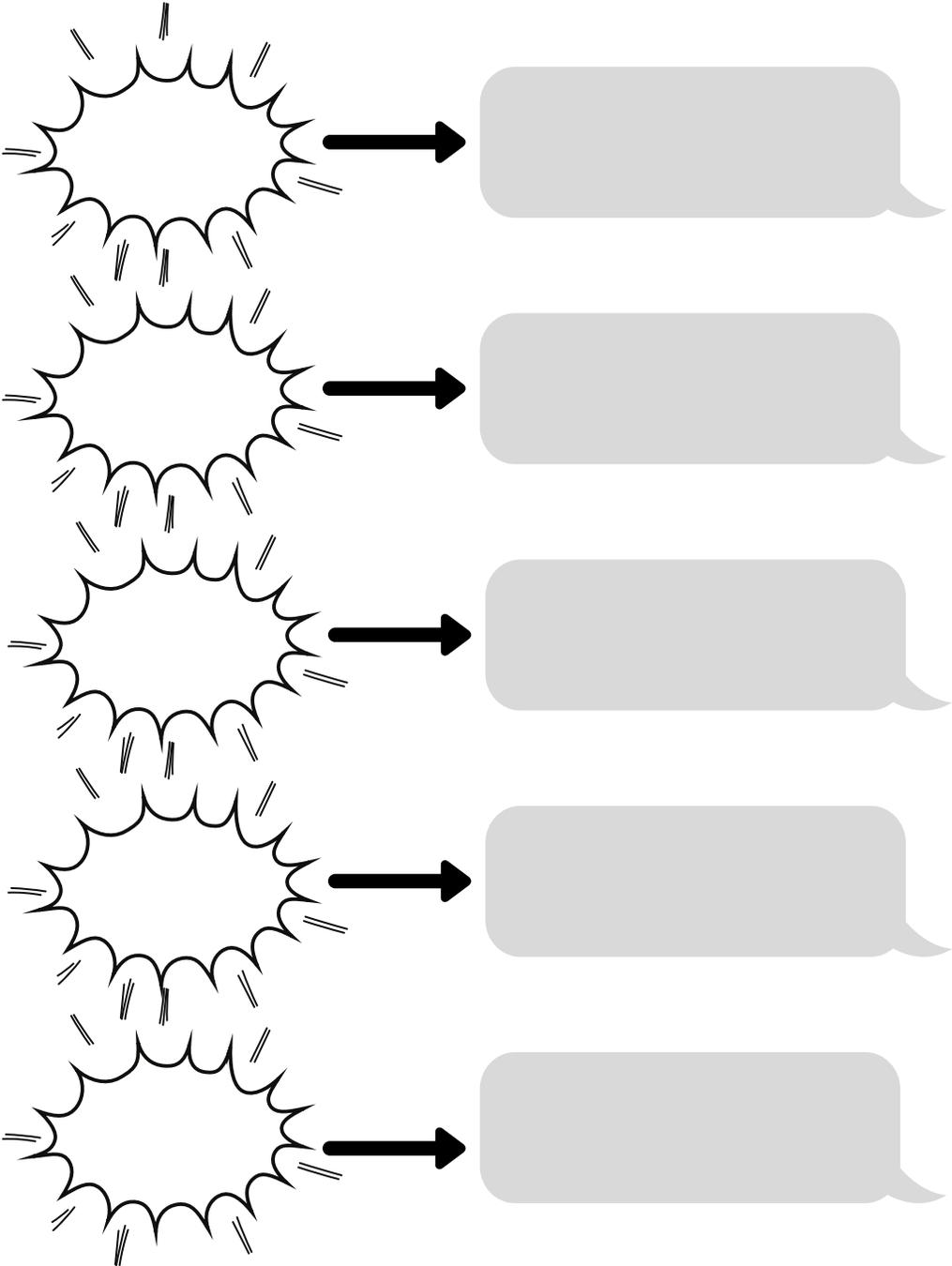


**CREATIVE THINGS THAT I
CAN DO IN OUR HOME
AND YARD**



FEARS VS FACTS

It is our brain's job to keep us safe. As such, our brains keep an eye out for danger of any kind. Sometimes, that watchful eye can cause scared and spinning thoughts. When this happens, it is good to answer your brain with FACTS.



JOURNAL SECTION



Print as many pages, of any of the pages in this kit as you need for personal use. You will want to print quite a few of the following journal pages right off the bat! Get the pages all coil bound at your local print store, or simply put in a binder.

There are no rules to the following journal pages. You can fill them out daily, weekly or simply as you feel.

You can include as much detail as you wish.

Things you may enjoy speaking about:

- Where you were
- What you did that day
- What was new about that day
- What your worries were
- What your joys were
- How your family members were doing
- What the stats were in your area
- What the weather was

FEELING WORDS

THAT YOU CAN USE AS YOU JOURNAL

Able	Distressed	Irritated	Scared
Adequate	Down	Lazy	Scared stiff
Adored	Drained	Left out	Secure
Aggravated	Ecstatic	Lethargic	Seething
Aggressive	Elated	Lifeless	Shame
Agitate	Embarrassed	Lost	Shocked
Alone	Energetic	Mad	Shy
Annoyed	Exited	Mellow	Small
Anxious	Exhausted	Nervous	Sneaky
Apprehensive	Exuberant	Outraged	Sorry
Ashamed	Fearful	Overjoyed	Terrified
Bad	Fine	Overwhelmed	Threatened
Baffled	Foggy	Panicky	Thrilled
Blue	Forceful	Perplexed	Timid
Bothered	Frightened	Persuasive	Tired
Capable	Frustrated	Perturbed	Touchy
Cheerful	Furious	Petrified	Trapped
Confident	Glad	Pleasant	Troubled
Content	Good	Pleased	Uncomfortable
Crushed	Heartbroken	Potent	Undecided
Delighted	Helpless	Powerful	Uneasy
Dependent	Hopeless	Proud	Unhappy
Depressed	Horrified	Put out	Unsatisfied
Desperate	Hurt	Puzzled	Unsure
Determined	Impotent	Regret	Unworthy
Disappointed	Inadequate	Relived	Up
Disgusted	Incapable	Remorseful	Upset
Disorganized	Insecure	Rundown	Uptight
Disoriented	Insignificant	Sad	Worried
Dissatisfied	Irate	Satisfied	Worthless

MY JOURNAL OF THIS TIME

DATE:

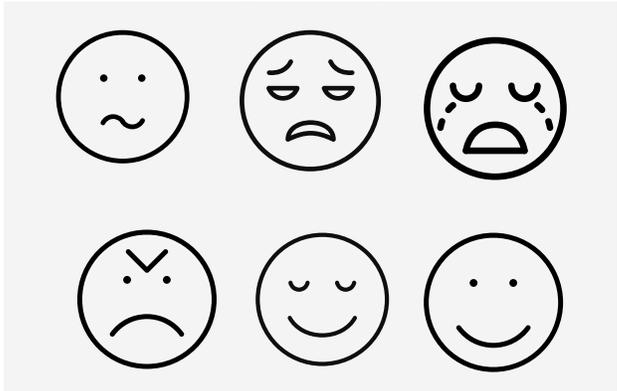


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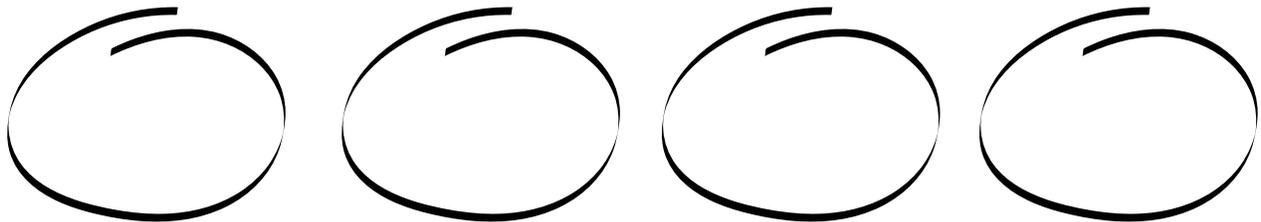
MY JOURNAL OF THIS TIME



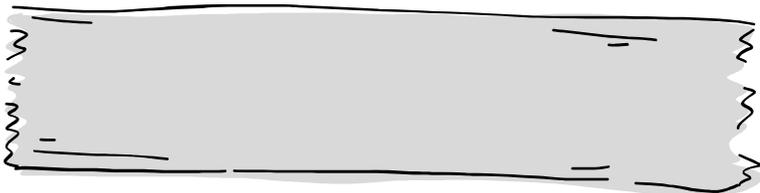
FEELINGS THAT I FELT TODAY (CIRCLE)



THINGS I DID TODAY



A FUN MEMORY OR MOMENT



MY GRATITUDE LIST



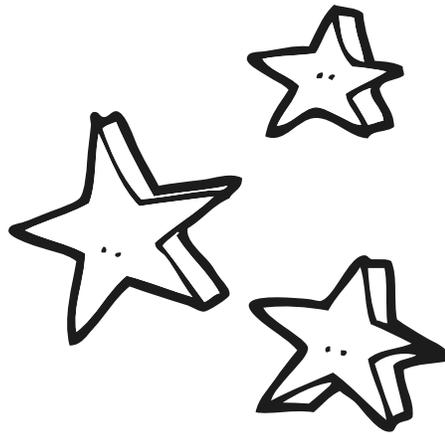
WHAT I ATE TODAY



HOW MANY TIMES I THINK I
WASHED MY HANDS!



**THE NEXT SECTION IS FOR DRAWING,
DOODLES, PASTED NEWS ARTICLES OR
PICTURES OF ME**



MY DOODLES & DRAWINGS



**ADDITIONAL PAGES
& SHEETS**



CONTACT & FOLLOW

FACEBOOK GROUP:

Being a Happy & Connected Parent

INSTAGRAM:

@beholdtheconnection

MOST AMAZING PARENTING COURSE EVER!

<https://beholdtheconnection.podia.com/connectedparenting>

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